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TRUE BLOOD'S ALEX SKARSGARD BACK ON PROWL AFTER SPLIT {page 12}

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News worth sharing.

Stop. Thief



► Ibrahim Hussein, 11, steals the soccer ball from Winnipeg Police Service cadet Jose Da Silva yesterday during a pickup match in Central Park.

JAMES TURNER/METRO

Cadets score big with kids

The cadets, along with other neighbourhood groups like the Downtown Winnipeg BIZ, turned out to play and chat with area kids and show off police cars.

Messy yards could fuel fire

- Clean up your properties or risk arson, firefighters warn
- Police probing 20 separate blazes in Fort Rouge



JAMES TURNER
@METRONEWS.CA

The city councillor representing an area shaken by a rash of suspicious blazes is asking residents to take a hard look at their properties to ensure debris and garbage doesn't add the fuel to an arsonist's desire to set fires.

"That's one of the main things people can do, is clean up their properties," said Coun. Jenny Gerbasi (Fort Rouge-East Fort Garry). "That's an area we might be able to make a difference," she said. "Everything we can do to prevent it — at least we're doing something," Gerbasi said.

It's clear from a brief walkabout in back lanes near the most recent fire — in the 800 block of Hector Avenue in south Crescentwood — that some residents have some work to do.

Three pets were killed in the blaze on Tuesday that started

around 1 a.m. Two garages were also destroyed and a woman's home damaged.

Within five or six short city blocks, roughly 20 homes were seen to have discarded piles of wood, furniture, dried yard waste and other debris lying behind their properties.

They're potentially rich targets for a firebug to ignite, the Winnipeg Fire Paramedic Service suggests.

A number of residents spoken to yesterday admit debris in the area poses a problem, but none would go on record to voice their concerns.

One resident of Weatherdon Avenue was outside working to clean up his backyard and parking pad, saying he was concerned about being targeted.

It was a similar scene north of Grant Avenue in the Earl Grey neighbourhood, which has also been hit by fires.

Police have said there's noth-

► A pile of old fence boards sit next to a garage in Crescentwood.



ing yet to suggest any of their current fire investigations are linked.

Gerbasi has brokered a community information meeting, slated for 7 p.m. on Aug. 10 at the Earl Grey Community Centre.

Members of the Winnipeg Police Service and its arson task force will be there.



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Getaway driver gets six months

A man who was shot at by police after striking a police car in his bid to escape their clutches has been sentenced to six months in jail.

Ashley Sandison was the subject of a sweeping city police manhunt after fleeing the rear of his common-law wife's North End home in an unregistered truck in late March.

The 31-year-old pleaded

guilty yesterday to dangerous driving and driving while disqualified. He has prior convictions for similar offences, the Crown said.

Court heard Sandison was wanted on two separate arrest warrants when heavily armed officers approached him behind his common-law wife's home.

He reversed the truck — hitting a police car on the

way — and sped off. Officers fired at least one shot in an effort to stop him, police confirmed at the time. The truck was later found abandoned in The Maples. He eventually turned himself into police a few days after the alarming incident.

Through his lawyer, Eric Wach, Sandison said neurological damage from a major accident he had

years ago has left him suffering anxiety, panic attacks and post-traumatic stress disorder.

When he looked up to see police with "big assault rifles" approaching the truck, Sandison was overcome by an "intense fear for saving his life ... he just took off," Eric Wach said.

Wach also said Sandison's actions were influenced by cocaine and

Oxycontin addictions.

Being locked up has helped him stay clean and Sandison now wants to get his life together, Wach said.

Sandison apologized to the court and to the officers involved. He was also sentenced to an additional six months jail July 15 on other charges, including an assault, court heard.

● JAMES TURNER

Welcome to the Nativehood

- Open since April, Aboriginal art and clothing store already successful
- Owner calls store community hub



CRYSTAL
LADERAS
WINNIPEG@METRONEWS.CA

A new store in the North End is attracting more than just foot traffic.

Lyle Keeper, 15, walks past the contemporary red couches, browsing through racks with his support worker before he asks, "How old do you have to be to work here?"

"As long as you're loyal and you don't steal," said Karmen Omeasoo, store manager of clothing and Aboriginal art store Nativehood.

"I don't steal, I'm done with stealing," said Keeper.

Omeasoo grew up in the area and said Nativehood is more than a business, it's a welcoming spot for the community.

"We're still here. The 'hood loves us and we always want to give back to the 'hood. We have free barbecues from time to time and we sponsor baseball, softball and we're

"We wouldn't be able to thrive as a store without the North End — without the 'hood. And (the success of the store is) not just from Natives, it's from everybody."

STORE MANGER KARMEN OMEASOO

starting to sponsor a curling team."

The store carries a collection of clothing from Aboriginal companies across Canada and is looking to expand downtown. Nativehood also frequents powwows and special events, but most sales come from its location at 1316 Main Street.

Omeasoo, who's also a Juno-nominated hip hop artist, said there are plans to attach a recording studio to the shop which will offer free sessions to young artists.



► Store manager Karmen Omeasoo at the Nativehood store.

Your votes for best ice cream shop

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"They have a huge selection of flavours ... and the portions are also huge, especially for the price ... The location also can't be beat; enjoy your gelato inside, people-watch on their patio,

or go for a stroll."

— Nicole Anderlum-Szor

Marble Slab Creamery

Kenaston Commons

"A little pricey but a nice treat. It's fun picking out a flavor and mix-ins (may I suggest gummy bears that when

frozen are quite the chewing challenge!)" — Toby Collins

Sargent Sundae

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"Good variety of soft ice cream and yogurt selections. Great take-away products too." — Jason Sheps

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Adrenaline junkies can look down on Toronto from way up the CN Tower's EdgeWalk. Video at metronews.ca

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Cabbie accused of sex assault

A Winnipeg cab driver has been charged with sexual assault for allegedly groping a young woman during an early morning ride from a St. Boniface hotel.

Amandip Kambo, 34, made his first appearance in court last week. He is not being held in custody.

According to the Winnipeg Police Service, the 24-year-old victim and her parents took a Unicity cab from a Marion Street hotel on April 22.

At some point along the way, the driver allegedly "inappropriately touched" the victim, who was riding in the front seat, said Const. Jason Michalyshen.

After the ride ended, the family got out of the cab and the woman complained. Police said the cab sped off and officers were called.

The resulting police in-

vestigation — which included seizing camera footage from the taxi — continued until May 11, when Kambo turned himself in to a district station, said police.

Police couldn't say if the Manitoba Taxicab Board was notified of the arrest, but it's likely, said Michalyshen.

"Obviously, he knew we were looking for him," he said.

The Manitoba Taxicab Board's chief inspector, Gary Stillson, refused to say if Kambo's licence has been suspended, citing requirements under Manitoba's Freedom of Information and the Protection of Privacy Act.

However, other cases suggest it is common practice to suspend drivers' licences pending the outcome of the court process. **JAMES TURNER**



► Pride Winnipeg is hoping to attract fresh talent to its board.



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Join the parade: Pride now hiring

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**CRYSTAL
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Pride Winnipeg is celebrating a milestone 25th anniversary in 2012, and the growing party is looking for some new, colourful shoes to join its parade of staff.

"Everything we do now we're hoping to enhance," said Barb Burkowski, chairperson of Pride Winnipeg. "We'll be adding new positions and expanding those positions, so we do those jobs even better."

The 2011 Pride celebrations attracted 15,000 people for the rally at the legislature building, a pa-

rade down Broadway and a festival at The Forks. The growing popularity demands several new positions, like street party director.

"There's no real event that starts Pride other than the flag-raising at city hall, so we'd like to have a party that kicks off Pride to jump into the week with a little more gusto," said Burkowski.

Pride parties and concerts also get businesses bustling downtown, attracting tourists and opening up a spot for Pride's first tourism co-ordinator.

Burkowski said the added staff will also help focus the 2012 celebra-

tions.

"It's time for the youth and the people we've focused on to stop and look at what the last 25 years meant for the people who brought through marriage, legislation and growth."

Burkowski added Pride is not just for the queer community.

"It engages people of all minorities and it highlights diversity of all types. ... It brings together people, feel(ing) comfortable in their own skin, and who want to project, 'I am who I am.'"



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For more news, visit
[metronews.ca/
winnipeg](http://metronews.ca/winnipeg)

Cops lose 2nd Taser cartridge

People in Winnipeg are again being warned about a missing and potentially dangerous component of a Taser electronic stun gun.

Police say a cartridge that contains probes on wires came off the service belt of an officer who was on duty Tuesday night in the downtown and the city's west side.

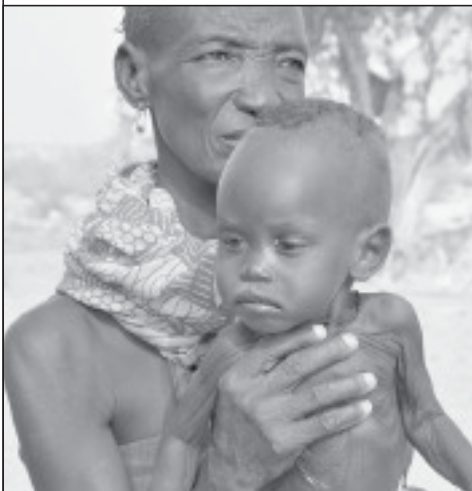
They say if someone picks up the cartridge and puts it in their pocket, a buildup of static electricity could cause it to discharge.

A warning was issued last Sunday about another missing Taser cartridge, which was later found in a police station.

THE CANADIAN PRESS

URGENT: Famine in the Horn of Africa

World Vision



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The Canadian government will make an equivalent contribution from its East Africa Drought Fund. Your gift of \$50 will provide \$100 of life-saving food for desperate children and families. \$100 provides \$200 of food. Please respond now.

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By the numbers

7

Moldovan authorities say seven people have been charged with organ trafficking. The prosecutor's office said that they were part of an international network that harvested kidneys from 11 Moldovan citizens. It says poor Moldovans were persuaded to sell their kidneys for illegal transplants for \$2,760 to \$6,920. Moldova is one of Europe's poorest countries, with an average monthly salary of \$190.

THE ASSOCIATED PRESS

12

After being arrested, strip-searched and held in jail for 12 days, Janet Goodin still has no idea how border guards mistook her motor oil for liquid heroin. Good-

in, 66, is looking for an apology and financial compensation. She says she would like to sue the Canada Border Services Agency, but can't afford to. "I'm on a fixed income, so that's not possible," Goodin said. "An apology would be nice, and I would like to be able to pay back the relative that I borrowed money (for legal fees) from."

THE CANADIAN PRESS

1,500

Hundreds of people protested in the small kingdom of Swaziland over claims that poor governance by sub-Saharan Africa's sole monarch has led to a shortage of essential medical supplies and a failing economy. More than 500 people demonstrated in the capital yesterday while nearly 1,000 protested in the western town of Siteki. Protests were peaceful but heavily guarded.

THE ASSOCIATED PRESS

Heavy rains sweep Seoul

► Landslides leave 36 dead, 620 homeless ► Dozens still missing

Walls of mud barreling down a hill buried 10 college students sleeping in a resort cabin and flash floods submerged the streets and subway stations in Seoul, killing at least 36 people yesterday in South Korea's heaviest rains this year.

The students were engulfed by a landslide in Chuncheon, about 110 kilometres northeast of Seoul, said fire marshal Byun In-soo. A married couple and a convenience store owner also died.

In southern Seoul, 16 people died when mud crashed through homes at the foot of a mountain. The National Emergency Management Agency reported seven deaths due to flooding in a stream just south of the capital and said the toll was expected to rise as

dozens of people were missing.

Fast-moving mudwaters filled the streets in Seoul, sending residents scrambling to the roofs of their partially submerged cars. Water filled some subway stations and spewed from sewers. TV images showed people in one flooded station using shovels, brooms and a wooden board in an effort to keep more rain from coming in. Internet and wireless connections failed in southern Seoul due to power failures.

The Seoul Metropolitan Police Agency issued a traffic emergency, mobilizing more officers to deal with the inclement weather.

Many citizens complained online that Seoul had neglected to prepare for the downpours.

THE ASSOCIATED PRESS



► Residents on a makeshift raft flee a flooded area in Gwangju, South Korea, yesterday.

Flooded city

► Witnesses said the landslide sounded like a massive explosion or a freight train.

► About 670 firefighters, soldiers, police and others rushed to rescue those trapped and extract the dead from the mud and wreckage in Chuncheon.

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Kandahar mayor killed

He liked to cast himself as one of the few honest men in Kandahar, a plucky troublemaker not afraid to stick a finger in the eye of authority or vested interests. And in the end, those traits might have contributed to the brutal death of Ghulam Haider Hamidi, the outspoken mayor of Kandahar city.

He had survived previous murder attempts, but a suicide bomber with explosives concealed in his turban assassinated Hamidi yesterday.

The Taliban claimed responsibility, saying it was revenge over a land dispute involving the demolition of 200 illegally constructed homes in the city's vast northern slum — an act that insurgents claimed had caused the death of two children.

Hamidi, 65, was the third high-ranking official in the volatile southern Afghan province to be murdered this year.

THE ASSOCIATED PRESS

Hardiest critters survive quake

► Goldfish survived without food for 134 days after N.Z. disaster before being rescued ► Owner 'astounded'

There were no Scooby snacks to eat — but at least they had each other for company.

Two goldfish, named Shaggy and Daphne, after characters from the animated television show Scooby Doo, have become the smallest and hardiest survivors of the devastating February earthquake in Christchurch that killed 181 people.

The fish spent four and a half months — 134 days — trapped in their High Street office tank in the city's off-limits downtown without anyone to feed them or even any electricity to power their tank filter before they were

Survival tactics

► **Luckily for the fish,** they lived in a large 100-litre tank. According to Paul Clarkson, curator at the Monterey Bay Aquarium in California, the fish may have gleaned some nutrition from eating algae growing on the tank's rocks and walls. He said naturally growing bacteria may have helped keep the water

clean enough to sustain life.

► **Then there's the delicate** question of their missing companions. There were six goldfish in the tank when the earthquake struck. By the time the survivors were found, no trace remained of three of the fish. A fourth was found floating in the tank. Goldfish are, after all, omnivores.

discovered this month and rescued.

The fish looked dull in colour, but otherwise appeared fine, said Vicky Thornley, the office director, who had held the tank

steady during the quake.

Hundreds of dogs, cats, roosters and other pets were rescued within the first two weeks of the quake.

THE ASSOCIATED PRESS

Heat wave. Russia



► A man jumps in a fountain in St. Petersburg yesterday.

DMITRY LOVETSKY/THE ASSOCIATED PRESS

Great leap forward

The mercury hit 33 C in St. Petersburg, Russia, where even Soviet Vladimir Lenin might have approved of this leap to stay cool.

Tourists fume on Peru's magic trail

Hundreds of unticketed tourists have been turned away from Machu Picchu this week as Peru's famed Inca ruins reached capacity.

Angry tourists blocked a bridge for two hours Monday in the town of Aguas Calientes at the entrance to the ruins. That impeded buses that ferry visitors to the hilltop archaeological site.

THE ASSOCIATED PRESS

If you go

Remember your tickets.

- Authorities established the 2,500-person limit for Peru's main attraction as a conservation measure.
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Turmel gets NDP's vote

► Rookie wins unanimous backing as interim leader ► Layton's choice

New Democrat MPs have unanimously backed rookie Quebec MP Nycole Turmel as interim leader.

The MPs have wrapped up a special caucus meeting to consider Turmel as a temporary replacement for ailing leader Jack Layton.

"We have overwhelming, unanimous support for the recommendation that Nycole Turmel be our interim leader," said Libby Davies, Layton's deputy.

Layton recommended Turmel for the post on Monday, when he announced he would take a

leave of absence while undergoing another round of cancer therapy.

Turmel, a former national union leader who is already chair of the caucus, thanked her fellow MPs for their support, but declined to answer questions until her position is confirmed by the party's national council.

Davies acknowledged the NDP faces a difficult situation with its best-known figure off-stage, but she denied the party will be adrift without the charismatic Layton.

THE CANADIAN PRESS



► Nycole Turmel

Top Story



► Canadian Press reporter Alexandra Posadzki experiences a high point in her career. The CN Tower's EdgeWalk opens Monday.

DARREN CALABRESSE/THE CANADIAN PRESS

On the daredevil beat

Reporters are an intrepid bunch. They proved it yesterday at a media preview of the EdgeWalk attraction on Toronto's CN Tower. Hearts thumping, they were strapped in to a harness and negotiated a walkway 356 metres above the city. Now isn't this more fun than covering a council meeting?

T.O. mayor escapes cellphone charge

Toronto Mayor Rob Ford, pictured, won't be charged after acknowledging he was talking on his cellphone while driving, police said yesterday.

No charges have been pursued against other motorists who admitted after the fact to driving while talking on the phone and equal treatment will be given to the mayor, said Toronto police spokesper-



son Mark Pugash.

"There are some logistical problems with doing it after the fact, he

added." Ford denies giving the finger to a woman who spotted him talking on his cellphone.

THE CANADIAN PRESS

The Big One to hit near Vancouver?

A new study says the next major earthquake to hit the Pacific Northwest could strike south of Vancouver Island.

Professor Andy Calvert of Simon Fraser University,

42 Calvert says the fault line beneath Washington state is 27 to 42 km, not 25 to 35 km as previously believed.

the lead author of the study, says it shows the fault line between two tectonic plates in the Pacific Northwest is seven kilometres deeper than believed.

THE CANADIAN PRESS

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'Forgotten' war lives on

Scores of veterans, dignitaries and members of the public turned out yesterday for a parade and ceremony to remember the once "forgotten" Korean War.

Prime Minister Stephen Harper was among those on hand at the Korea Veterans National Wall of Remembrance for the 58th anniversary of the armistice that ended the bloody conflict.

"Our sacrifice was not in vain as exemplified by the South Korea that exists today."

RETIRED LT.-COL.
JAMES (SCOTTY) MARTIN

"For too many years, Korea was called the 'forgotten' war," Harper said in Brampton, Ont. "But times are finally changing."

In all, 516 Canadian sol-

diers were killed in the conflict.

Another 1,100 others were wounded in five major battles.

Canada's involvement in the conflict, which was sparked by an invasion of the southern Korean peninsula by the communist China-backed north, began on July 12, 1950.

Many of the Canadian dead are buried in Korea.

THE CANADIAN PRESS

18" Portable Dishwasher

**Sale Price
\$399.99**

This Danby Designer 8 place setting dishwasher is a convenient and efficient addition to any home. At 18" wide this model takes up minimum space and the built-in castors allow it to be easily moved. Energy star rated and boasting a low-water consumption feature, this model is eco-friendly. Suitable for not only condos and apartment this model even offers a built in soft water system for remote cottage locations.

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Lost couple died: Courts

The courts have declared dead an Alberta couple who vanished more than a year ago.

Lyle and Marie McCann, both in their 70s, were last seen that day gassing up their motorhome in their hometown of St. Albert, just outside Edmonton, before a trip to British Columbia.

The RV was later found, abandoned and burned, west of Edmonton.

THE CANADIAN PRESS

COMPANY IN TRANSITION

Nokia loses ground to rivals

Nokia's credit rating was downgraded yesterday as the world's largest producer of cellphones struggles to compete in the smartphone segment.

Moody's Investors Service said it downgraded the Finnish phonemaker's debt rating by two notches, from A3 to Baa2, due to a "severe weakening" of Nokia's business

position. A downgrade matters because companies raise money through the issuance of bonds as well as through shares and the lower rating implies higher costs.

Moody's warned that it will take time for Nokia to make its operating systems Windows-compatible even after partnering with Microsoft.

Wolfgang Draack, Moody's senior vice-president, said the benefits of the switchover to Windows would likely not emerge until the second half of 2012.

THE ASSOCIATED PRESS

We like them Apples

PAUL SAKUMA/THE ASSOCIATED PRESS



▶ iPhone rules with Canadians ▶ RIM still has biggest market share

Canada's most popular cellphone is the Apple iPhone 4, measurement firm comScore says. In fact, Apple takes four spots on the top 10 list of most-used phones in Canada.

The 16-gigabyte iPhone 4 was the phone of choice for 516,000 Canadian users. The 32-gigabyte version was sixth on the list, with almost 337,000 users.

Apple also took second place with the eight-gigabyte iPhone 3GS, used by almost 485,000 users, and ninth with the eight-gigabyte iPhone 3G, at almost 300,000 sold.

While Research In Motion has the biggest share of the overall smartphone market in Canada — with 42 per cent, versus 33 per cent for Apple — it holds

only seventh and eighth place in the top 10, with the Bold 9700 (321,000 users) and Curve 8530 (307,000 users).

"There's a lot more RIM devices than Apple devices," said Bryan Segal, a vice-president of comScore, explaining why RIM still leads in the overall smartphone race.

"If you look at best-selling devices 11 through 50 you're going to see RIM plays a really key role in terms of being one of the top device makers."

ComScore says about 33 per cent of Canadians own a smartphone, but Segal predicts that number will soon spike as a huge group of consumers are getting ready to upgrade their phones. THE CANADIAN PRESS

Market moment

TSX



- 267.89
(13,032.67)

Dollar



- 0.68¢
(105.39¢ US)

Oil



- \$2.19
(\$97.40 US)

Natural gas

1,000 cu ft
\$4.318 US
(- 1.3¢)

Gold contract

\$1,615.10 US
(- \$1.70)

PRICES AS OF 5 P.M. YESTERDAY

▶ Many Canadians have owned their phones for two to three years, comScore says, which means large numbers of people will be buying new phones in the next few months.

There are better ways to make your voice heard

What's the point of making a statement, giving a speech or even talking if no one is listening? Join the METROPOLITAN PANEL and have your voice heard by the readership of the world's largest newspaper.

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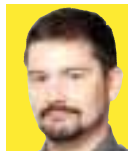


NATHAN
DETROIT'S
Sandwich Pad

I'M NOT REALLY ROLLING ON THE FLOOR, LOL

HE SAYS ...

JOHN MAZEROLLE
METRO



I've become everything I've ever hated. For the first time, I own a cellphone.

Frequent readers will know I resisted cell ownership for a long time.

I'd watch my friends and how it changed them, making them more machine than man, twisted and evil.

One friend would walk with his head buried in his iPhone, never looking up for anything short of a natural-gas explosion. I trust the weather app saved

him from the trouble of ever having to look at the sky.

Another boasted how people complimented her on her nifty fold-in keyboard. It was like her phone was a lame stand-in for a new car, similar to when childless women talk incessantly about their fascinating and never-tiresome cats.

"In short, people seemed to see their phones less as useful tools and more as necessities of roughly the same importance as the pancreas."

A third friend accidentally flushed her phone down an automatic toilet, which was amusing enough, but it lost its humour as she fretted that her friends might think she was dead. Every time a new person would arrive she'd grab them by the shoulders and scream "I FLUSHED MY CELLPHONE DOWN THE TOILET" with the same intensity one normally saves for explaining that Soy lent

Green is people.

In short, people seemed to see their phones less as useful tools and more as necessities of roughly the same importance as the pancreas.

And as a word lover, it was hard to see people strip perfectly good vowels from words, not to mention lying about how much they are laughing and/or rolling on the floor.

So I went cell-less and, as time passed, I came to enjoy being seen as an outsider. Friends acted like I hadn't received my polio shots — "You NEED one!" — but I just couldn't see it. I had no reason to have a cellphone.

But then, a realization: As I removed the usual dozen unheard messages from my land line — all hangups from shady 'businesses' — it occurred to me for the first time: I had no reason to have a land line.

Nobody ever called me, thanks to email, and I was getting so many spam calls that when it did ring I wouldn't answer.

So I'm now the proud owner of a fancy-schmancy cellphone — I use it as a GPS, video-game console, weight-tracker and excuse to avoid people on public transit.

It was a hard decision to join the pack, but I've satisfied my need to be different by also cancelling my Wi-Fi at home, which I found just kept me from my work.

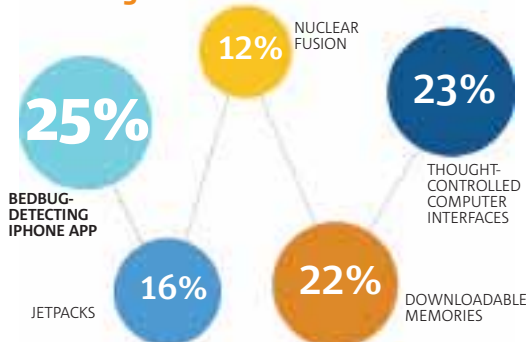
See? IMHO, I'm still an outsider! ROTFLMAO! (pls kill me)

Read more of John Mazerolle's columns at metronews.ca/hesays



Register at
metropolitanpanel.ca
and take the quick poll

What should be the next big technological innovation?



Worth Mentioning

U.K. Britain's advertising standards council banned two makeup advertisements featuring actress Julia Roberts and model Christy Turlington yesterday, ruling the ads — which used digitally altered photographs — were misleading and could no longer be used.

The Advertising Standards Authority found that the airbrushed images used by L'Oréal in magazine ad campaigns exaggerated the results women could expect from using the beauty products.

The decision was seen as a step forward in an ongoing campaign to limit the retouching of photos in beauty-related ads in Britain.

"It highlights one of the main issues, that these hyper-perfect versions of beauty are undermining people's confidence because they are beyond what's achievable," said Susan Ringwood, chief executive of Beat, which campaigns to combat eating disorders.

The advertising standards council is now allowed to consider the social impact of the ads as a criteria on whether they are acceptable.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder



WEIRD NEWS

Hospital bills dead woman's estate \$9.2M

A Florida hospital has filed a \$9.2-million claim against the estate of a woman who died after spending five years in the hospital, according to court documents.

That's how much the hospital says is owed for the care of Tameka Campbell, the documents say. She died at age 29 two years ago of progressive demyelinating neuropathy.

It is unclear whether the \$9.2

million in hospital charges is a record.

Health News Florida checked with the American Hospital Association, the Health Care Financial Management Association, and others, but no one knew of any records.

"That would have to be the biggest bill I've heard of," said Alan Levine, a division president at the Naples-based hospital chain Health Management Associates.

"I've seen more than \$1 million," he said. "But not \$9 million." Fort Myers hospital consultant Peter Young said, "A bill that large may well be in a league of its own and a Guinness Book of Records bill!"

An online search of Guinness World Records offers no category for "largest hospital bill." **THE ASSOCIATED PRESS**

Local tweets



► **@koralee:** Dear #Winnipeg, I love driving

your streets. After living in LA, you are like heaven.

► **@hiltonsuitieswpg:** Driving down #Academy in #Winnipeg this morning and had 3 children on their lawn waving at passing cars - Made me #smile :)

► **@NHLWinnipeg:** The supposed leaked Winnipeg Jets jersey has a lot of red in it. Didn't Chipman just state that the only red would be in the logos?

► **@Jellopuke:** Some people are really overreacting to

the new #Winnipeg #Jets logo. It's not that bad, could have been awful, and is a simple retro look

► **@ChrisDca:** Thoughts are with local comedian Big Daddy Tazz at this time. He recently suffered a heart attack. Currently resting in hospital. #Winnipeg

► **@NatCooks:** Ahhh, business travel. Flight to Winnipeg oversold. Trapped at the gate with very, very bad music being piped in, hoping for a seat.

► **chelsma12:** I miss partying at portage and main. It should be mandatory after every jets game. Who's in? #gojetsgo



► Prophet will perform Friday at the Pyramid Cabaret.

Prophet born again

► Winnipeg punk rockers finding new life with new a 1970s rock sound

BACKSTAGE PASS

JARED STORY
METRO WINNIPEG



Prophet is comprised of punk rockers turned Deep Purple disciples.

Formed in late 2009, the Winnipeg band started when guitarist Ryan McElhoes had a hard rock epiphany.

"It all of a sudden got into him," says Marty LaFrenière, Prophet's

bassist. "I played in punk bands with him before, but then he got into that sort of '70s rock 'n' roll, a lot of Black Sabbath, Deep Purple and Led Zeppelin. It just dawned on him that this kind of music is awesome."

LaFrenière, a long-time member of Peg City skate punks High Five Drive, says he had to make a slight change to his musical style to properly kick out the jams.

"I've played bass in bands before but with a pick, so I decided if we're going to be true to the style I'll play with my fin-

gers," says LaFrenière.

"To be honest, it just flows. It came naturally, but I don't know why because that was never my style of music before, it just seemed fun and easy to jam on."

It seems LaFrenière, like McElhoes, as well as guitarist Nick Weselowski, drummer Steve Jowsey and vocalist Christian Bohonos, has caught the retro-rock bug.

"I'm definitely going back and listening to classic albums that I had never heard," says LaFrenière, 25.

"Everybody knows

Smoke on the Water, but who's listened to all of Machine Head. This band has opened my mind to a lot of music."

On Friday at The Pyramid Cabaret, Prophet releases its debut album *Slow Heavy Killers*, a six-song EP recorded with John Paul Peters at Private Ear Recording.

Special guests include metalheads Waster (formerly Fame), indie rockers The Bokononists and Chris Sawatzky of The Ripperz. Tickets are \$10 at War on Music and Music Trader or \$12 at the door (or \$5 with corpse costume).

Other events

Brains! Winnipeg hip hop trio *Filthy Animals* releases its reanimated music video *Killing Me* Saturday night at The Pyramid Cabaret.

► **Show** Produced in partnership with the 2010 Winnipeg Zombie Walk, the monster mini-movie sees the Deepcave recording artists take on the living dead. Special guests include Fresh I.E., Triple Cyanide & Yung Kode, Heatbag Records and Foreign Objects. Tickets are \$10 at the door (or \$5 with corpse costume).

2
scene

Reid leads way



Johnny Reid has a leading six Canadian Country Music Award nominations. The Scottish-born, Toronto-bred singer-songwriter is up for trophies including single of the year, songwriter of the year, album of the year and male artist of the year.

THE ASSOCIATED PRESS



UK Supreme Court gives victory to designer in battle over 'Star Wars' stormtrooper helmets

Like falling for the first time

Former Barenaked Ladies singer Steven Page has married longtime girlfriend Christine Munn.

Page confirmed the news via Twitter, responding to the congratulations of fans and well-wishers.

The 41-year-old Page also tweeted a picture of the couple sharing a dance, with the groom clad in a cream-coloured suit jacket

and a bow-tie. Another sepia-toned picture showed the couple performing onstage during the reception.

"Our first dance was *Dream Of A Girl* by the Lilac Time via video message," Page tweeted, referring to the English alt-rock group.

"I wept like a baby."

Page has three sons

with ex-wife Carolyn Ricketts, whom he divorced in 2009. The Toronto musician left the Barenaked Ladies in '09, and released his first solo album. In 2008, Page and Munn were charged with drug possession after police found cocaine. Munn also tweeted about the ceremony.

"And I'm now Mrs. Page! So happy. I married my

best friend. What a wonderful day," she tweeted on Sunday, along with a bundle of photographs.

The next day, however, she tempered her enthusiasm slightly.

"The thing that sucks about the day after the day after the wedding is all the dirty dishes and trash. And unpacking the house."

THE ASSOCIATED PRESS



► Steven Page.

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Danby window air conditioner, beat the heat with this 5000 BTU unit. Cools up to 200 square feet. Quite operation, multi speed selection. Limit stock don't wait act now and beat the heat.

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Could music biz have done more to help Winehouse?

► Natalie Cole says troubled singer was pushed too hard to perform when she wasn't ready

Amy Winehouse's death Saturday at age 27 has rekindled questions about the role the music industry should play in helping stars kick self-destructive habits.

Could the entertainment community have done more to save one of its most gifted

young artists? Natalie Cole thinks so.

A former heroin addict herself, Cole was critical of the industry after Winehouse won five Grammys in 2008.

Winehouse performed triumphantly during the Grammy telecast that year — but did so via satellite from London, in part because she was in rehab at

the time.

Cole said Winehouse shouldn't have been trying to perform, given her condition. She said the industry has a responsibility to step in and push an artist out of the spotlight until they get their personal act together. "Somebody needed to care about that girl, and I don't know if she had that." ● METRO



► Amy Winehouse during her final concert, in Belgrade, Serbia, when she stumbled onstage and forgot the words of songs.

ASSOCIATED PRESS/FILE

Celebrity Tweets



"Watching SNL rerun...honestly, if there's a bigger quintuple threat out there than Justin Timberlake, I've yet to see it."



"An older gentleman (mid 60's) ended the conversation we were having with the phrase, 'Lates'. Made me feel insane."



"Happy National Tequila Day!"



"Love how going to a friends birthday turns into a slew of lies! grrr — oh well... happy sunday all"

Mulligan engaged

Carey Mulligan and her Mumford and Sons boyfriend, Marcus Mumford, are reportedly engaged, according to the Sun.

"Carey looked like the cat who had got the

cream. She was wearing a beautiful ring and didn't seem to mind who saw it," says a source who spotted the two at a party at a country estate in southwest England.

"They were stuck to each other like glue. She was doing most of the talking and he was hanging on her every word."

● METRO



► Carey Mulligan

GETTY IMAGES



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Alex Skarsgard is single again



► Alexander Skarsgard

GETTY IMAGES

After two years together, True Blood star Alexander Skarsgard has reportedly split from girlfriend Kate Bosworth, according to Us Weekly. "It was very mutual," a source says. "And it happened a while ago." Skarsgard definitely seemed single while hitting the party circuit at San Diego Comic-Con last weekend, where sources say he got flirty with a brunette before leaving with her. "He's single, and he is loving the attention," the source says. ● METRO



► Demi Lovato

GETTY IMAGES

Demi now OK as a role model

Despite the rough two years Demi Lovato has had — including a stint in rehab and announcing she'd suffered from addiction and eating disorders — the Disney star says she's much more comfortable with fans looking up to

her now. "Kids used to tell me, 'You're my role model.' And I'd want to shake them and be like, 'Why?'" Lovato says, according to Hollyscoop. "I finally feel like I can inspire people. I can be proud of it."

● METRO

Harris: Hef's not what he used to be

After calling off her engagement to Hugh Hefner less than a week before their wedding, Crystal Harris is now spilling secrets about the couple's time in the bedroom.

"[It lasted] like, two sec-

onds," Harris tells Howard Stern in an interview on his satellite radio show. "Then I was just over it. I was like, 'Ahh.' I was over it. I just, like, walked away. I'm not turned on by Hef. Sorry."

● METRO



► Hugh Hefner

GETTY IMAGES

Winehouse family plans memorial fund

Amy Winehouse's family are hoping for something positive to come out of their daughter's death and have announced plans to start the Amy Winehouse Foundation, according to the Daily Mail.

Her dad, Mitch Winehouse, says news of her death brought him the idea almost immediately.

"Straight away I said I wanted an Amy Winehouse Foundation, something to help the things she loved — children, horses — but also to help those struggling with substance abuse," Mitch said at her funeral Tuesday.

● METRO

Is that Carmindy in your pocket?



JANINE
FALCON
LIFE@METRONEWS.CA

Women hoping to copy Kate Middleton's wedding day DIY makeup will save plenty of Internet-trawling time by buying one thing for just \$4.99: The Carmindy App for iPhone and iPad (an android version is in the works).

By way of serendipity, the app's wedding-make-up tutorial mirrors the look the Duchess wore. Bonus: The Carmindy App recommends the right shade for your complexion.

"One of the things I get asked all the time is 'What colours do I wear for my skin tone and my hair colour?'" says the makeup artist best known for her weekly appearances on TLC's *What Not to Wear*.

No surprise:



that's the heart of the app.

Users can customize an avatar with hair, eye and skin colour, then peruse a number of how-



GETTY IMAGES

"It's all a way for me to help women walk into drugstores and department stores and choose products."

CARMINDY

developed along with it, as well as the artistry involved. "For example, just getting the shading right on the avatars took a while; the techs had to figure it out because there wasn't an easy way to do it," explains Carmindy.

Updates become available as soon as a new feature is added, and new looks are planned for each season. Coming soon: techniques based on eye and face shape. As well, Carmindy fans can learn more by watching the artist apply app-related looks on her own face on YouTube.

"It's all a way for me to help women walk into drugstores and department stores and choose products," says Carmindy.

tos, including video clips and face charts. Looks range from the five-minute face to girls-night-out drama, and show details from winged liner to a quick smokey eye.

Product recommendations include drugstore and department-store options, and can be added to a built-in shopping list. And in keeping with a key aspect of Carmindy's three books, Sally Hansen Natu-

ral Beauty Inspired by Carmindy isn't the only featured cosmetic brand.

"I talk about NARS, M.A.C, Rimmel, NYC, Milani — there isn't just one brand that everyone uses," notes Carmindy in an interview with Metro. "We do that 'splurge/save' thing — save on certain things, then splurge on the lipstick of the moment."

She also says the app

will be updated with new recommendations as occasional products are discontinued.

In addition, there's a dash of self-help via a short video explaining how to do the mirror-mantras the artist developed during her own self-esteem challenged youth.

The Carmindy app took two years to develop because the technology has



3 life

Fab frames

Updating your look with new glasses? Be sure to select the best style and colour for your face:

° The frame shape should contrast with your face shape. Long faces, for example, look good in round or square frames.

° Eye wear can be used to emphasize your personal best feature, such as rust colours to match red hair.

NEWS CANADA



For more beauty and fashion tips scan or visit metronews.ca/style

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This set includes sofa, loveseat and matching chair. 100% chenille fabric available in two colors beige as shown and charcoal (grey with a blue undertone). Tight seats and backs keep this set well groomed.

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Creating a hole-in-one

- Bring Scotland's rolling hills to your backyard
- Soon you'll be charging the neighbours green fees

DIY IDEAS

Adding a putting green to your backyard is a great way to provide recreation for your family and friends — and improve your own golf game.

Creating this putting green is just one of many projects landscape contractor Ahmed Hassan has completed in Yard Crashers. In each episode, he goes home with an unsuspecting home improvement store shopper to transform their backyard.

Prepare the area

Look for an area that you want to put the putting green.

It's a good idea to look for somewhere with a natural hill sloping to a flat area, or a space where you can avoid simple straight lines.

Build a wall

To prevent soil from eroding, you need to build a wall around your desired area.

It is recommended that you use moss rock (also known as field stone), because its rough texture ensures it stays in place once positioned.

Wearing gloves, dig down and place the rocks together like a jigsaw puzzle.

Finish the wall by packing dirt into the stones to ensure the rocks are firmly in place.

Integrate the green

Use plants of various colours, textures and heights along with rocks of various sizes around the perimeter of your putting green in order to keep it looking natural with your backyard surroundings.

Lay the base

In order to avoid mowing, fertilizing or irrigating your green, use a synthetic turf, which is available in specialty golf stores.

Use a utility knife to cut your desired shape, and create the holes. Special cups will be inserted into the ground corresponding with the holes so you can retrieve your golf ball.

To keep the turf from matting, spread a fine sand over the surface and sweep



► Put on your plaid pants and hit your mini putting green.

with a stiff broom, repeating until only one-inch of turf is left above the surface. This will also ensure

that balls travel straight.

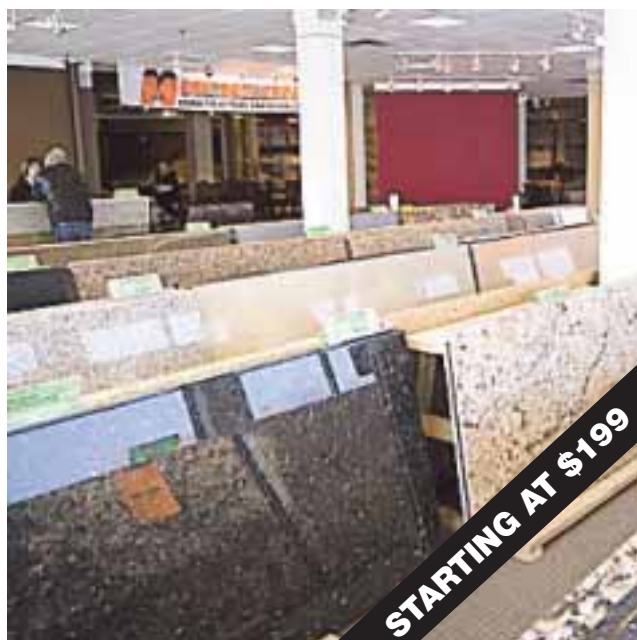
The next step is to take a swing and try out your very own putting green!

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Celebration of our nation

► This Saturday partake in Food Day Canada, which puts the spotlight on Canadian-sourced foods, by visiting a participating restaurant or inviting friends and family over for some eats

A celebration of the culinary bounty of this country is taking place coast to coast to coast Saturday.

The beauty of the event is that people can participate wherever they are — as long as a menu of all Canadian-sourced food is offered, says Anita Stewart, who founded Food Day Canada in 2003.

Since that time the culinary adventurer has also added nearly 300 restaurants to the roster of those who are taking part.

The restaurants have agreed to offer local fare to customers, either on the day or by offering menus for the week running up to Saturday. Most will fly red banners outside their establishments to show they are participating.

Beef ribs and apple pie are both great Food Day Canada options.

Beef Ribs Preparation:

- Season ribs with salt and pepper. Roast on foil-lined baking sheet in a 120 C (250 F) oven for 2 hours until crispy and browned. Let cool. Cut into individual ribs.
- In saucepan, sauté garlic and onion in a bit of vegetable oil until softened. Stir in tomato sauce, maple syrup, vinegar, tomato paste, peppers and Worcestershire sauce; bring to simmer. Remove from heat. Reserve about 1 cup of sauce for dipping.
- Grill or broil ribs over medium heat 10 mins, brushing generously with barbecue sauce and turning occasionally. Serve. **THE CANADIAN PRESS/CANADA BEEF INC.**



► This recipe makes three to four servings.

Ingredients:

- 1.5 kg (3 lb) beef grilling back ribs (about 7 ribs long)
- Salt and pepper, to taste
- 2 cloves garlic, minced

- 1 onion, diced
- Canola oil, as needed
- 1 can (398 ml/14 oz) tomato sauce
- 75 ml (1/3 cup) each maple syrup, cider vinegar

- 50 ml (1/4 cup) tomato paste
- 30 ml (2 tbsp) each minced canned chipotle peppers and Worcestershire sauce

► Jill Curan, owner of Lighthouse Picnics, a picnic-style eatery, offers this recipe for delicious apple cake



► This recipe makes 10 servings.

Preparation:

- Into bowl, sift flour, baking powder and salt. Set aside. In separate bowl, cream together sugar

and butter; add egg, vanilla and beat until fluffy. Stir in dry ingredients, alternating with milk. Stir until blended.

- Pour batter in greased 23-cm (9-inch) round cake pan. Pat grated apple onto top of batter; combine cinnamon and

sugar and sprinkle mix over top. Bake in a 180 C (350 F) oven for 50 minutes until tester inserted in cake comes out clean.

Ingredients:

- 425 ml (1 3/4 cups) flour
- 15 ml (3 tsp) baking powder
- 3 ml (3/4 tsp) salt
- 175 ml (3/4 cup) sugar
- 125 ml (1/2 cup) butter
- 1 egg

- 7 ml (1 1/2 tsp) vanilla
- 175 ml (3/4 cup) milk
- Toppings:**
- 3 McIntosh apples, grated
- 50 ml (1/4 cup) brown sugar
- 3 ml (3/4 tsp) cinnamon
- Toffee Sauce**
- 125 ml (1/2 cup) butter

- 175 ml (3/4 cup) brown sugar
- 125 ml (1/2 cup) sugar
- 250 ml (1 cup) whipping cream
- 300 ml (1 1/4 cup) corn syrup
- 2 ml (1/2 tsp) vanilla

- In saucepan, mix toffee sauce ingredients. Bring to a boil for 5 minutes, stirring often, until sauce runs smooth.

- To serve, cut warm cake into slices and pour warm sauce over each. **COURTESY OF JILL CURAN**

Weekly Cookbook



Easy Grilling: Simple Recipes for Outdoor Grills (Ryland, Peters & Small, 2011) offers more than 100 easy-to-follow recipes that cover everything from burgers and chicken wings to impressive options such as Duck Satay with Grilled Pineapple and Plum Sauce, and Chicken Tandoori Kabobs.

You can also create your own flavour combinations using the Sauces, Marinades and Dips section.

Other sections include Meat and Poultry, Fish and Seafood, Vegetables, and Salads and Sides.



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Metro loves summer, and so do Metroropolitans. But why? We asked The Metropolitan Panel: What are your Top 10 things to do in the summer? Here's what you had to say!

- 1. ROAD TRIP!**
- 2. Curl up with a good book/magazine/iPad**
- 3. Eating ice cream**
- 4. Travel abroad**
- 5. Heading to the cottage/cabin/campsite**
- 6. Barbecue everything in sight**
- 7. Hitting the beach**
- 8. Drinks on a patio**
- 9. Catch a summer blockbuster**
- 10. Relaxing picnics**

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FUN

Pack a summer picnic

Food consultant and cookbook author Trish Magwood says to keep your planning simple



Summer picnics are a wonderful way to while away an afternoon. And when you're planning a picnic, it's important to keep it simple, says food consultant and cookbook author Trish Magwood.

"We all want a little bit of a break so we don't want to slave in the kitchen. We want to do things that are quick and easy for us with low stress."

Here are tips:

► Put simple-to-eat items on the menu that you can prepare ahead. For example, gourmet sandwiches and a salad that travels well. Drinks, snacks and that's all you need.

► Have appropriate containers for food. "A good soft cooler is key," says Magwood, "so you're not having to lug around a big heavy cooler."

► Think refreshing finger food when you plan snacks. For example, cut up cucumber and celery



► Trish Magwood

and bring a store-bought or homemade dip. And everyone loves cut-up watermelon.

► Keep any perishable foods cold or below 4 C, recommends the Canadian Food Inspection Agency. If possible, refrigerate or freeze food the day before you pack it.

► Pack lemonade crystals and mix them with water

in a thermos when you get to where you're going.

► Instead of carrying pop-up chairs, just bring a few blankets. "I use one for sitting on," says Magwood, "and the other for a ground buffet."

MOVE

A picnic is all about food ... and activities the whole group can enjoy, says Murray Seward, president of Vancouver-based Canadian Outback Adventures and Events, which organizes summer picnics for companies.

It's all about bringing the kid out in everyone, says Seward. Be sure to plan a game of baseball, catch, or old-style sack races. Or consider something different such as Jenga, chess with an inflatable chess board, or create your own obstacle course with stations equipped with water pistols and other fun toys.

Picnic Chicken Salad

Magwood says this salad was always a summer lunch entertaining favourite — make-ahead, delicious and all-in-one easy to serve. Serves 8.

Ingredients:

- 1 large round loaf of bread (such as a boule or Calabrese loaf)
- ½ cup (75 mL) mayonnaise
- ½ tsp (2 mL) curry powder
- ¼ tsp (1 mL) paprika
- 3 cups (750 mL) cubed cooked chicken (about 3 breasts)
- 1 cup (250 mL) green grapes, halved
- ½ cup (125 mL) chopped celery
- ½ cup (125 mL) sliced almonds, toasted
- ¼ cup (60 mL) thinly sliced green onions
- 1 sweet red pepper, diced
- Salt and black pepper
- Romaine lettuce



Preparation:

1 Slice off the top 2 inches (5 cm) of the loaf in one big piece and set aside. Hollow out the bread, leaving a shell ½-inch (1 cm) thick.

2 In a medium bowl, stir together mayonnaise, curry powder and paprika. Stir in chicken, grapes, celery, almonds, green onion, red pepper, and salt and black pepper to taste.

3 Line the bread bowl with lettuce leaves. Spoon chicken mixture into the bread. Replace the bread top.

Wrap tightly in plastic wrap and refrigerate until picnic time. (You can make the chicken salad the day before, and you can fill the bread half a day in advance.)

4 To serve, using a bread knife, slice the boule into wedges into ready-made sandwiches.

Excerpt from: In My Mother's Kitchen by Trish Magwood. Published in Canada by HarperCollins Publishers Ltd. Copyright 2011 by Trish Magwood. All rights reserved.

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► Set-up candles, carafes, music and movies to wow guests at your next outdoor gathering.



**ASTRID
VAN DEN BROEK**
FOR METRO

Need to freshen up your outdoor entertaining presentation?

We asked Karl Lohnes, Metro's Décor Moment columnist, and Frank Turco, the Toronto-based senior manager of trend and design for Home Depot Canada for some new ideas for backyard parties.

Lighting

For safety and ambience, pillar candles now come in LED form.

"They're nice to cluster or put in a hurricane glass,

Cuisinart Stand Blender, \$179.99, available at Future Shop.



even though you don't really have to," says Lohnes.

Or invest in string lights to drape behind a railing or under a patio umbrella. "They add some colour and create some ambient lighting throughout."

Drinks

Buy half-litre glass wine carafes at the dollar store for each person's setting.

"That way everyone has their own personal carafe at their setting filled with white or red wine or sangria even," says Lohnes.

Premix the bases of two or three drinks so nobody's fussing with barware mid-party.

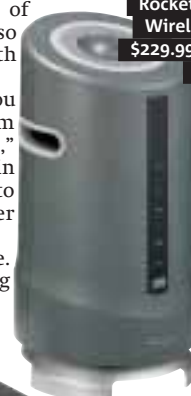
"That way all you have to do is put them in a glass to shake," says Lohnes. Or plug in a blender outside to pour the drinks over shaved ice.

Use what you have. "If you're serving beer, take a planter and plug the bottom and put cans and bottles in there," suggests Turco.

Décor

Hit the dollar store for decorating ideas. Lohnes recommends draping faux hula skirts over your patio umbrella or table, or pick up some printed melamine plates to use as chargers.

Rocketfish Outdoor Wireless Speakers, \$229.99, available at Future Shop.



Set up wireless speakers for music or hook up an outdoor projector on a blank wall.

"Put a classic movie on in the background,"

suggests Lohnes. "It adds lighting and sound and it's nice to sit outside and be entertained."

Keep your guest's needs in mind. Chilly night? Drape blankets over the backs of the chairs for when they are needed. If it's a steamy night, consider a mister spray bottle for guests.

Create a luxurious retreat



**ELVIA
VAN BUUREN**
FOR METRO

When Elvia Picco and Rob McAllister of Kelowna, B.C., downsized a year ago to a condo unit, they kept their outdoor furnishings simple. The couple "now have a simple wooden drop-leaf table and four wooden folding chairs, as well as two comfy gravity chair loungers."

It's all about making life easy, functional — and comfortable.

If you're in the market for outdoor furniture, now is a great time to check out the sales and possibly get a good deal on a patio set or add a piece or two to what you have.

While there is lots of cheap, cheerful — and indestructible — furnishings (think bright pink plastic Adirondack chairs and

folding tables), Metro columnist and design expert Karl Lohnes says there's also a trend to create a luxurious retreat on the patio with furniture and furnishings.

Higher end furniture looks like it belongs in a luxurious spa or hotel, says Lohnes — big, round outdoor beds with pull-up canopy; and spa loungers with terry towel covered cushions.

While there's a return of real wood, including exotic woods from Thailand and Asia, and teak, the new outdoor colour palette revolves around neutrals and soft metal tones like gunmetal grey.

The whole idea is to create a getaway place ... and even if you're in a downtown core, it will feel like you're somewhere faraway and exotic like the south of France, says Lohnes.



► The Overnight Bed from Andrew Richard Designs, \$4,795. For more, go to andrewricharddesigns.com.

BUYING TIPS

Outdoor Patio Furniture Info, a helpful online blog, provides these tips when buying furniture.

► Consider how much space you have for your

outdoor patio set — and choose the right size.

► Accessorize with weather-proof cushions, umbrella, outdoor fire pit and outdoor carpet.

► Keep climate and storage requirements in mind.



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Summer food safety tips

► How you prepare, cook and eat your food in the kitchen and at the BBQ could take its toll on your tummy



► Be aware. Outdoor barbecues may increase the risk of food-borne illnesses.



**YLVA
VAN BUUREN**
FOR METRO

Summer ... and living and eating outdoors is easy! Just don't forget that outdoor barbecues may increase the risk of food-borne illnesses. The food safety website, foodsafety.ca, reminds everyone that bacteria can spread on hands, utensils and surfaces as you prepare your favourite dishes. Avoid problems by following these safe cooking and food-handling suggestions.

Food Preparation

- Never defrost food at room temperature. Defrost in the refrigerator, in cold water or in the microwave.
- When preparing meat dishes, clean surfaces, dishes and utensils with hot soapy water after

preparing each food item.

- Avoid cross contamination of bacteria by using one cutting board for fresh produce and another for meats, poultry and seafood. Joyce Parslow, home economist at the Beef Information Centre, suggests colour coding — use red for meat, white for bread and vegetables.
- Wash your hands regularly, especially before and after handling food.
- If you use cloth towels in the kitchen, be sure to change them often (and wash them in the hot water cycle).

- Wash your hands regularly, especially before and after handling food.
- If you use cloth towels in the kitchen, be sure to change them often (and wash them in the hot water cycle).

Cooking

- Use a clean platter for cooked foods — not the platter you used for raw meat. Avoid getting raw juices in contact with any-

thing.

- Wash tongs with soap and water after they've touched raw meats.
- Use a food thermometer to ensure sure meat is cooked. According to Health Canada, meat is cooked at certain internal temperatures. For example: ground beef, steak (medium done), veal and lamb (71 C/160 F), chicken wings and breast (74 C/165 F), pork (71 C/160 F).

Eating

- Follow the one-hour rule for perishables. Foods such as potato salad with mayonnaise can be left out safely for up to one hour.
- Protect food from insects outside with mesh.
- If it's hot outside, consider serving your buffet where it's air-conditioned.

Don't get weighed down by sun



**KIM
ZAZOUR**
FOR METRO

Summer's finally here — time to show off your sun-kissed skin and wind-tossed hair.

But exposure to the elements can do a number on your tresses and your complexion. Heat, humidity, chlorine and sweat can all gang up on your summertime beauty — and your health. Without protection, you could end up with a frizzy head, wrinkly face, or worse.

The Canadian Dermatology Association expects 74,000 newly diagnosed cases of skin cancer this year. Don't be one of them. Avoid the sun between 11 a.m. and 4 p.m., cover up with tightly woven clothing, a wide-brimmed hat and sunglasses with 100 per cent UV protection — wrap-arounds are best.

And of course, lather on the sunscreen, even on cloudy days, reapplying regularly, especially after swimming. If you're taking a road trip, remember the sun's rays still make it through the windshield.

Look for sunscreen

bearing the association logo and products that protect against UVA and UVB rays with a minimum SPF of 30 — the higher the SPF, the better, says Toronto dermatologist Dr. Charlene Linzon.

Titanium dioxide and zinc oxide are also ingredi-

ents to look for, especially for children. They act as a sunblock and are not absorbed by the skin.

Sunlight is not all bad, though. Dr. Linzon suggests exposing arms to 10 to 15 minutes of sunlight for a healthy dose of vitamin D.

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Last-minute has its advantages



Now that daylight hours are shorter and August is almost upon us, even the happiest of homebodies may find the backyard is getting boring and a staycation just won't satisfy.

Luckily, last-minute planning is easier than ever — and even has some advantages.

You will be able to access tours, travel and accommodations at discounted rates, you may know what the weather is likely to be, and how easily you can step away from your current workload.

The “mini” part is also good — you will have less to pack, you won't need to ask someone to water the plants and collect the mail, and you're more likely to leave your cell-



► Camping with children is an affordable last-minute vacation option.

phone and laptop behind for a work-free time out.

Start planning

Determine a budget and decide if you want a relax-

ing retreat for one, a romantic trip for two, or a family holiday — including the dog — to relax and reconnect.

Do you want to chill

out with a book at the beach? Explore a city? Cottage or camp with the children?

Or is everyone eager for a new challenge?

Surf online

- Adventure tours: backroads.com/ (search “Canada”) or tralgar.com
- Air travel: aircanadavacations.com, westjet.com (for both, select “Deals”) or flyporter.com
- Car travel: caamagazine.ca/ (select “Travel”)
- Cottage rentals: cottagesincanada.com or rent-cottage-canada.com/
- Music festivals: exclaim.ca/festivals/
- National parks and heritage sites: pc.gc.ca/
- Trails: canadatrails.ca/ or check out the Trans Canada Trail at tctrail.ca/home.php
- Train travel: viarail.ca/en/deals/ (select “Packages” and find categories such as adventure, city tours, gay friendly, golf, and more)
- Travel agents: yellowpages.ca/business/0135610.0.html

Trends and tips

Shelly Monroe, owner of Sweet Escapes Travel in Halifax, shares some trends and tips:

- More people are taking three- or four-day breaks instead of traditional two-week vacations.
- Romantic spa getaways for couples are now offered by many inns and hotels.
- Family packages for adventure travel, such as rock climbing and rafting, are increasingly popular.
- Check out free festivals, then build fun family breaks around them.
- Ask about hotel discounts for CAA members, seniors, and employees of government, fire and police services. Check if kids stay free, if there is a complimentary breakfast or airport shuttle service, and if a third night is free after a two-night stay.
- Be flexible, your first choice may be sold out, but you can discover something new.

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▶ There's a festival for every interest this summer.

Make the most of festivals


**KELLY
PUTTER**
FOR METRO

As outdoor-food chomping, flip-flop clomping, fun-romping Canadians, when it comes to summer festivals we even like a little pomp.

From the wild mountain-bike athletes at the Kokanee Crankworx festival in Whistler to Collingwood's Elvis Festival to the long-running Icelandic Festival of Manitoba to Drummondville's Festival de la Poutine, there's virtually a festival for every interest.

But with so many to attend, how do you get your money's worth?

"Going to a festival is all

about planning," says Gary McWilliams, a Cobourg festival guru whose website (ontariofestivalsvisited.ca) offers a listing of Ontario events and festivals, commentary and planning tips.

Billed as the Festival Nomad, McWilliams, who has visited more than 200 festivals and who helped found Cobourg's 21-year-old Waterfront Festival, offers the following pointers:

- Check the festival's website. Most have an online presence and it can tell you a lot about the event before you get there. But it can also fool you, so be aware that "some festivals really puff their event and don't deliver," he says.

- Leave pets at home. Many festivals don't allow dogs unless it's a guide dog.

- Walk backwards. If you follow the crowd, you will invariably encounter lineups and mini mobs at various attractions and displays. Walk the festival backwards and you're sure to hit less traffic.

- Create a checklist. It should include summer essentials such as sunscreen, water, sunglasses and a camera. Don't forget your cash, as many festivals don't have access to ATMs or credit cards.

- Pack your grub. Festival food is expensive and not the healthiest so it's wise to prepare a lunch.

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Cabernet Sauvignon

This is a full-bodied, ruby coloured wine with a tinge of blackcurrant, cherries and delicate oak spices. It's a choice ideally enjoyed with poultry, veal and any other red meat dish.



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4
sports

Quoted



"He was going to come in and really help us win more games, but it didn't work out."

REDSKINS LINEBACKER LORENZO ALEXANDER ON DONOVAN MCNABB, WHOSE TIME IN WASHINGTON IS OVER AFTER ONLY A YEAR. THE MINNESOTA VIKINGS ACQUIRED THE VETERAN QUARTERBACK FROM THE REDSKINS LAST NIGHT IN EXCHANGE FOR A SIXTH-ROUND DRAFT PICK.

"Relationships broke down, and now he's not here, but you can't really focus on that. You've got to continue to move forward."

ALEXANDER

Blockbuster day for Jays

► Toronto GM had been trying pry Rasmus from Cards since last season

The first order of business for Toronto general manager Alex Anthopoulos when newly acquired outfielder Colby Rasmus joins the Blue Jays is to have his "elephant in the room" conversation.

Rasmus, the centrepiece in a pair of blockbuster deals Anthopoulos made with the Chicago White Sox and St. Louis yesterday, comes to Toronto with rumblings of a feud with the Cardinals coaching staff that sped up his departure.

Anthopoulos has long had his eye on Rasmus, a 24-year-old former first-round pick who was batting .246 this season with 14 doubles, six triples, 11 home runs and 40 RBIs. He says he's isn't fazed by the reports of Rasmus butting heads with St. Louis manager Tony La Russa.

"I always like to have the 'elephant in the room conversation,'" the Toronto GM said in a press conference prior to the Jays (52-52) 3-0 win at home against Baltimore (41-59) last night. "I had it with Brett (Lawrie), I had it with

Yunel (Escobar), and I plan on having it with Colby.

"Let's talk about the past once. And once we have that conversation it's over, we don't talk about it again. We're going to start fresh and we want to know what makes him happy and how we can get the best out of him."

The eight-player deal also brought utility player Mark Teahan and three relievers to Toronto. The Jays sent outfielder Corey Patterson, right-handed starter Edwin Jackson and relievers Marc Rzepczynski and Octavio Dotel to St. Louis. The Cardinals will also receive three players to be named later or cash considerations.

In exchange, Toronto added Rasmus and relievers Brian Tallet, Trever Miller and P.J. Walters.

Jackson had been acquired earlier in the day as part of a four-player deal with the White Sox. He and Teahan came from Chicago for long-serving Toronto reliever Jason Frasor and pitching prospect Zach Stewart.

THE CANADIAN PRESS

Frasor's farewell



The Jays' bullpen has been shaken up dramatically, especially the departure of Jason Frasor to the White Sox.

- The 33-year-old right-hander leaves as the franchise leader in games pitched.
- "Of all the places I could have gone, I can't believe it's Chicago," said Frasor, a native of the Chicago area. "It's going to be all right I think. I'm really excited about meaningful August-September baseball."
- Frasor had an earned-run average of 2.98 in 44 games this season.



► Toronto's new centre-fielder Colby Rasmus slides into home during a game with St. Louis earlier this month.

Bombers facing Lions with heavy hearts

Doug Brown's eyes were red and his voice cracked with emotion yesterday as he talked about the sudden death of Winnipeg Blue Bombers coach Richard Harris.

Harris, the CFL team's defensive line and assistant head coach, collapsed Tuesday afternoon in his office and was taken to hospital,

where he was pronounced dead. He was 63.

The squad held its usual walkthrough in preparation for tonight's home game against the B.C. Lions (0-4), but it wasn't the usual jovial affair.

Players were quiet on the field until they grouped in a circle at the end and did a bit of singing and dancing

"I'm just going to miss being on the field with him, giving him a hug before a game."

BLUE BOMBERS HEAD COACH PAUL LAPOLICE

before finishing with a team cheer of "win."

"It's very difficult today,"

said Brown, the veteran defensive tackle who had a special bond with Harris. "I think subconsciously, whether you realize it or not, you're listening for him, you're looking for him."

"We're kind of a little lost right now out there, defensively, especially our (defensive line) group ... We're

kind of without direction right now, without our leader."

The Bombers (3-1) will dedicate tonight's game to Harris, the team's longest-serving coach.

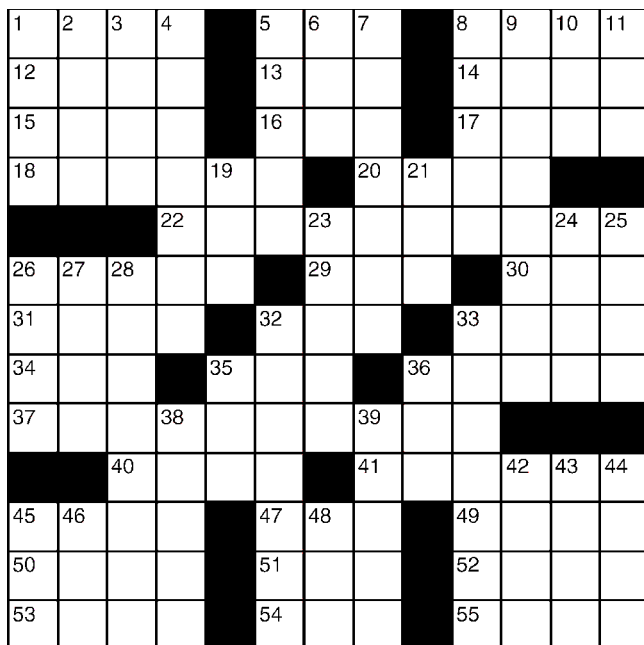
There will also be a moment of silence prior to the opening kickoff in Harris's honour.

THE CANADIAN PRESS

Crossword

Across

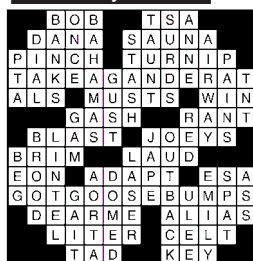
- 1 Long story
5 Pouch
8 Advantage
12 "— have believed it?"
13 Former Pan Am rival
14 Check
15 Greek vowel
16 Conger, for one
17 McNally partner
18 Nearsightedness
20 Blunder
22 Relax for a bit
26 Approach bedtime
29 Numerical prefix
30 Sister
31 Saharan
32 Bashful
33 No from the White House
34 Chaps
35 Will Smith biopic
36 Be philanthropic
37 What I'd've done "if I knew you were comin' "
40 Narrative writing
41 Computer whiz
45 Medal earner
47 Center
49 Marx or Malden
50 MasterCard alternative, for short
51 Schedule abbr.
52 B.P.O.E. members
53 Punch partner
54 Shaft of light
55 Medicinal amount
Down
1 Emulate Michael Phelps
2 "Hi, sailor!"



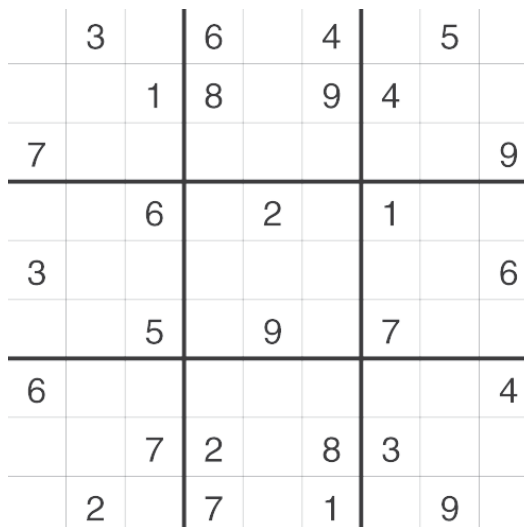
- 3 Attend
4 Made suitable
5 The turf in "surf and turf"
6 Shock and —
7 City in Alberta
8 See 20-Across
9 Wounded with sound
10 Martini ingredient
11 Conclusion
19 Author Fleming
21 Kyoto cummerbund
23 Body of principles
24 Car
25 Recognize
26 Mary's follower
27 Neighborhood
28 Worked unskillfully (with)
32 Horror movie villain, often
33 Like some sweaters
35 Commotion
36 — out a living
38 Strong adhesive
39 Cornered
42 Head light?
43 Annoys
44 Otherwise

- 45 Meccan pilgrimage
46 Ostrich's cousin
48 Arest Hagen

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

6	2	8	4	9	5	7	3	1
5	3	1	7	2	8	6	9	4
4	7	9	1	6	3	2	8	5
8	5	7	3	1	6	4	2	9
1	9	2	5	4	7	8	6	3
3	4	6	2	8	9	5	1	7
2	1	5	6	3	4	9	7	8
9	6	4	8	7	1	3	5	2
7	8	3	9	5	2	1	4	6

A look at the weather

TODAY	FRIDAY	SATURDAY
Min 16° Max 26°	Min 18° Max 29°	Min 18° Max 31°



Jenna Khan, Weather Specialist

"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." WEEKDAYS 6AM



Today's horoscope

- ♈ **Aries** March 21-April 20 Start thinking seriously about developing an artistic project on which you have made several false starts.
♉ **Taurus** April 21-May 21 Some people always seem to put their emotions before logic, and you will meet one such individual today.
♊ **Gemini** May 22-June 21 Try to remember that words can hurt as well as heal.
♋ **Cancer** June 22-July 22 There is no point in taking anything too seriously today. Instead focus on something that makes you smile.

- ♌ **Leo** July 23-Aug. 23 You may want to start something new but there is no need to rush.
♍ **Virgo** Aug. 24-Sept. 22 What goes through your mind over the next few days will be the blueprint for your life in the months ahead.
♎ **Libra** Sept. 23-Oct. 23 Go where there is music playing and people laughing — it's where you'll feel most at home.
♏ **Scorpio** Oct. 24-Nov. 22 If you hesitate for even a minute, an opportunity could pass you by. Act quickly.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

- ♐ **Sagittarius** Nov. 23-Dec. 21 You may not agree with a friend but don't let it come between you.
♑ **Capricorn** Dec. 22-Jan. 20 You've allowed yourself to get too attached to something of a material nature.
♒ **Aquarius** Jan. 21-Feb. 18 It will pay you to let loved ones know what you are up to today.
♓ **Pisces** Feb. 19-March 20. It may be tempting to try to get through your workload in one mad rush. You must resist that urge.

● SALLY BROMPTON

Caption contest



"Yo
mamma is so
fat...."
RHODA L.



You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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